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"In The Now"
A Teaching From John The Beloved
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We at this time call for a clearing. We ask at this time that the Holy Spirit come forward to surround and lift us up into the divine that which we are. To bring us into the loving part of God. That at this moment we might share the words of love. That the world might be transformed in this sharing in whatever way possible. Whether it be through one person or through humanity. So let it be. I, John, come with greetings once again. In this time period since we have last talked much has happened in that which you call lifetime. For many things have come forward in consciousness both within yourself and within those around you and changes are yet to manifest because of these new view points. Change is good. It is healthy because it means things are progressing forward as they should. When things become stagnant, when things do not move forward, backward or sideways, then one is not growing. But if one finds oneself either moving forward, backwards or sideways, you know that you are in a process of growth. All you need to do then is to hold the proper attitude in order to maintain the proper direction in your growth. Stagnation is not growth. It is disharmony with oneself that holds one in stagnation. When you begin to move, searching for harmony, you will find yourself moving in many directions trying to find what it is that is truly harmonious to your own spirit within. You will find yourself at times going forward. Sometimes going backwards as though you were regressing back into the times that you felt you had let go. And at times you will find yourself sidestepping from one side to another trying to avoid certain situations that need to be dealt with. That this is all growth because it is movement. It is not stagnation. When you hold the proper

attitude you will find yourself looking to find the proper harmony, vibration, to move into with that attitude and that will be the forward direction toward the spiritual growth. If you find that your attitude is such that it is causing you to regress or to sidestep from one direction or the other then you must look at the attitude and say what is it that I am holding within my consciousness that is negating my moving forward into that which I truly am, God. Change the attitude and you will change your direction. It is that simple. And yet we in our own mental consciousness and in our emotional consciousness and our physical consciousness often tends to make it very difficult by saying "but." These are the things that must be taken care of at this time. These are the things that will act as an anchor for you at this time. They do not serve you. If they tend to cause you to regress or to sidestep from the harmonies in your life that you need to become that aware. These are the traps of this world. They make themselves important. They make themselves as though you and you alone can solve them. In this way you are pulled back once again into this world. And in this way you are trapped once again to reincarnate because of that entrapment. It is important to move away from that. To become free.

To do that one enters into a process. This process is called discrimination and discernment. We, if we are going to grow properly on a spiritual path, must learn to discern those things around us that bring us to harmony and those things that do not. And we will surround ourselves with those things that we discern harmonious. In that way we will align ourselves with the harmonics of the higher attitude that will lead us upon that higher road to God. Through our discernment, we will release those things that do not bring us to that harmonious path within ourselves. That tend to distract us from

our true identity and our true purpose in living. Discrimination means going forward in our consciousness and becoming aware of those things that are happening in our lives and putting aside those things that are not important at this time. Or that cannot truly be taken care of at this moment. And learn to deal with just the moment, the now, the ismus of God. If we take care of the moment, time will take care of itself. We do not need to live in the past, we do not need to live in the future. God lives there. We live here for the moment in God. We are the moment in God's awareness. We must take care of that moment, that now, that ismus that is present at this time so that we can move forward as more opportunities for our growth come and we take advantage of them as they come. Discrimination is learning how to discriminate from that which is going to lead you into the next moment of the now. From those things that distract you from moving into the next moment. And hold you in your consciousness, in your emotions, or in your body from moving forward into that next step, that next now, that next awareness in God.

And so it is through attitude, through discernment, and through discrimination that one begins to understand the true path back to God is forward and upward and is not down and out into this world that we call Earth and physical life. These are called the gifts of the spirit that are given to all that receive the baptism of the holy spirit. The true baptism of the holy spirit is this. When one meets a teacher, a way-shower, who is attached to the sound current, who has been blessed by the Holy Spirit in this way, and he receives or she receives the tones of God, the names of God, from one who is already aware through the process of initiation or awareness, this is the baptism of the Holy Spirit. When one is attached to that sound current

and brought upward and inward into the light of God, then these gifts come forward for you abundantly. The gifts of the spirit. Proper attitude, discernment, discrimination. And as you begin to utilize those gifts given to you, you will find as well greater gifts unfolding. For it is said "Seek first the kingdom of heaven and all else shall be given unto you." Seek first, find first, know first, be first, and all else will be. And so it is here at this time. Learn to see, to be, and you shall be that which you look to be. Ask and it shall be given. Seek and you shall find. Knock and the door shall be opened. These keys tell you that the individual must do the work. The individual must ask, must seek, must knock. If the individual does that much on their own, God will do the remainder of lifting the soul back into the soul consciousness and then back into the heart of God. Isn't it interesting that it was ask, seek and knock, three words. You ask of the physical planes for understanding, you seek within the emotional self understanding, and you knock at the door of the mind for understanding. These three keys help you to begin moving forward through those aspects of oneself. The basic, the conscious, and the high self. You ask, you seek, and you knock. You ask the basic self to become quiet, not to be the controller that it has been up to now. You ask the basic self to learn to cooperate, to be aware of the love that you are giving it and the attention that you give it when you give it to the basic self. That self is the me-ness, that part is the person that says, me me me. Give me, show me, tell me, bring me. And it is that childish part of us which often feels alone, abandoned, vacated from this world and is constantly seeking reassurance of companionship and friendship and love and will never know the true balance of it because it is of this world it will never find the fulfillment that it is searching for. Because this world cannot give it. That me part of us will

myself and I grows in the physical realms of life. And they deal with physical realm realities. They help to plan the body that we live in. They plot the karma that must unfold. They create the magnetic polarities that draw the things to us that we need in our lives to experience, to grow, to release, to balance. But the soul is separate. The soul is much higher than any of those three parts of ourselves. And it is the true principle of the God's thoughts within that is the soul searching to awaken fully into itself. The soul when it moves into physical realities, into a physical body is partly asleep. It is not totally aware of itself in these realms. And so it is an unrealized part of God. What the soul is searching to do is to become realized within itself on all levels of reality. And so it is that it is searching here to become realized in itself so that when it does go back into soul realm it has full awareness of who it is on all levels of reality. Not just from soul and above. But from the greatest depths of the unconscious part of the physical universe to the highest levels of true spirit. This is a lesson that must be learned by many before they begin to understand the processes of what it is to truly go within and to transcend the physical levels and rise up into spirit through soul awareness. It is important then that one takes on proper attitude, learns the proper ways of discernment and discrimination. So that they maintain the path, they create the balance within themselves on all levels of the lower and the higher so that the me, myself and I will serve to bring you into the higher consciousness of God within the soul rather than causing the distraction away from the true direction that you came in to move into. This is important. For if you do not have these three vehicles, the me, myself and I; the basic, the conscious and the high self working together, there will be a part of you that will call, will tug, will yank, will trip, will cause you to go blind and not see

or hear or understand. And then you will fall from the path once again and back into another body, in another place, in another time. But if you bring these three into balance, if you ask for the quiet, for the loving moment in God, if you seek to find it within your heart and you knock at that door within, he'll the door of the loving heart will open. The basic, the conscious, and the high self will learn to cooperate by listening, by becoming more in balance with themselves and with the true motivation of searching to become soul aware. The things of this world are important to be accomplished because the things in this world are our lessons that we came in to learn. And we must look at them as lessons. And once we have learned them we let go and go beyond them to yet the next lesson. Once we have read a book we move forward to yet read another book in order to see what someone else might have had to say or to share with us. If we wish to read the same book throughout our lifetime we would know very little. But if we search through many books we learn a great deal more about the thought processes of the many and not just the one. And so it is within our lives, once a lesson is learned we must release it and go to the next. Do not dwell upon the past. Release it and let go so that you can take care of those things that are present in this life, at this moment, at this now. In this way you have the energy to put forward into the things that need to be dealt with in the now. If you find yourself tired, it is because you still let your consciousness dwell into the past with worry and concern about whether or not this or that was done correctly or I should have done it this way instead of this. If you put energy into the past, you have very little left to live with in the now and you will find yourself tired. If you find yourself tired and worried it is because you are living in the future. You are living in concerns about things you have no control over and with the realization "I

really have no control over that" you release it and move forward in the now rather than in the future. The greatest way to bring balance to the future is by utilizing the creative imagination, better the second aspect of man than the physical. We have physical, astral, , mental and levels that we each experience upon throughout our many lifetimes, throughout the many eons that we exist in the physical realm. The astral realm is the realm of imagination. The physical realm is the realm of creative energy. If we utilize our physical energies with imagination we can utilize our creative imagination in such a way that we can plot a positive frame for the future. Rather than being concerned or worried either in the past or in the future we go into our creative imagination and we see what we want to see in the future. The self, happiness, abundance, joy, fulfillment of the things that we search to fulfill in this physical realm, and oneness in God in the higher realms above. If we utilize our energy through creative imagination we will plot the course for a positive outcome in the future on a physical level and we can program ourselves into a higher consciousness and so in God awareness. Through the utilization of proper creative energy. But most of the time we let our emotions and our minds, our memories of the past pull us in such a way that we go into a negative referencing for the future. And so we live with concern and worry rather than putting forward creative energy, creative imagination for our future. In we see in the future some things that need to be balanced to harmonize, do it with the creative imagination rather than with the mind or with worry. In this way they will solve themselves quickly because you install them by putting in your loving creative energies. Into the moment of that now that is yet to come. And they will resolve themselves in this way. Living in the now, living in the moment, living with total consciousness of who you are at this moment, in

this breath, in this heartbeat within the cell of this body of God will help you to learn to detach yourselves from the past and the future. That is a process of discrimination. Learning to discern what is the now, what is the past, and what is truly the future in your life and living only in the now gives you the proper attitude into the divine loving that you are in the moment. As you open to that moment of loving you will open into the moment of fulfillment in that loving. The love brings fulfillment, love is the fulfillment of God on all levels. When God finds himself fulfilling, God is loving. When we find ourselves not fulfilling it is because we have removed ourselves from the loving heart of God in us. By thinking that we ourselves can do it and no one else can. When truly it is nothing more than the loving heart of God trying to express new love to fulfill it for our souls. And so it is as we close in this discussion enter into proper attitude, learn discernment and utilize discrimination. And the me, myself and I will come into balance and in that alignment true soul awareness can be obtained. It can be done in a lifetime. It can be done in a moment. For each moment is a lifetime unto itself.